



3030 Executive Drive – Venice – Florida 34292 Phone: 941-485-1505

## Pre-Op Surgical Packet for Total Hip Arthroplasty

We know that you have many questions about your surgery and what to expect. The following pages contain answers to the questions most commonly asked by our patients and their families and was created with their input. Please take time to carefully read through the material.

.....

### Important Dates to Remember \*\*\*

Surgery Date: \_\_\_\_\_

First Post-operative Appointment: \_\_\_\_\_

Scheduled with : \_\_\_\_\_

Scheduled at:

3030 Executive Drive  
Venice, FL 34292

779 Medical Drive  
Englewood, FL 34223

## Pre-Operative Check-List

\* Your procedure is scheduled for \_\_\_\_\_ at \_\_\_\_\_.

Please notify our office immediately if you should develop a cold, fever, cough, flu-like symptoms, or any other illness the day before your surgery.

\* Please bring your insurance cards with you to your surgery location.

\* Do not eat or drink anything after midnight. This includes water, gum, candy, and tobacco products.

\* Do not bring valuables to the Surgery Facility.

\* Do not wear jewelry, nail polish, contact lenses, or make-up.

\* You will need to shower or bathe the evening before and the morning of the surgery. In some cases a special soap will be provided for you. Please use this as instructed.

\* Wear comfortable, loose-fitting clothes.

\* Who will be driving you home? You must have someone available to drive you home after your surgery.

\* Who will be staying with you at home for the first 24 hours? For your safety, someone should be with you the first 24 hours following your procedure.

\* Will your home be safe and easy to get around in after your surgery? Have someone help you clear indoor and outdoor walkways of clutter and obstacles such as plants, furniture, or small rugs. Place items you use every day within easy reach.

\* Have Post Op pain medication filled and ready to take as directed. Your medication will be called in the day prior to your surgery. If surgery is on a Monday, then medication will be called in the Friday before. This medication is NOT to be taken until post op. Make sure we have the correct pharmacy in your chart. No mail order pharmacies can be used.

\* Have ice ready to use.

\*\* Additional Comments/Instructions:

## **Patient Responsibilities**

**1. Pre-Operative Clearance:** Please schedule your surgical clearance visit with your Primary Care Physician (PCP) Or Cardiologist within 30 days of your scheduled surgery, and at least one week prior to your pre-operative visit. This appointment will be to perform a physical examination and establish that you are medically safe to undergo a surgical procedure. We will send a clearance form to your PCP and/or Cardiologist for them to sign off on. It would also be beneficial if you reached out to them as well to follow up on any clearances that are required.

**2. Pre-Operative Testing.** A pre-op appointment will be scheduled at the hospital that you are electing to have your surgery with. The hospital will call you to arrange these tests which will include an EKG, Chest X-Ray, blood and urine tests. Please bring a current list of your medications along with dosages to this appointment. We recommend you bring someone with you to your pre-operative office visit for caregiver instructions.

**3. Your Financial Responsibility:** Our business office staff will contact your insurance carrier and ascertain your financial obligation prior to your surgery. This is for your surgeon's portion of the surgery ONLY. You will receive separate statements from the anesthesiologist and the facility. There may also be an additional charge if your surgery requires an assistant surgeon. If you have any questions, please call Dr. Noah's insurance specialist Jessica at 941-485-1505 ext 151 or Dr. Witkowski's insurance specialist Polly at ext 156.

**4. Pre-authorization:** Pre-authorization (or pre-certification)- Some insurances require pre-authorization for your surgery. Our Authorizations team will reach out to your insurance carrier and provide them with details on your surgery in order to obtain approval. If you have any questions about this, you can call 941-485-1505 ext 110 and speak to Lisa in authorizations, or one of her team members. Our staff will work diligently to provide the needed information to the insurance company in order to receive approval.

**5. Prescription Medications:** Pre-Surgery: The hospital or surgical center will give you specific instructions on which medications you may or may not take the morning of your surgery. If you do not get this information, please contact our office for instructions. If you take medications such as anti-inflammatories (aspirin, ibuprofen, Motrin, Advil, Naprosyn, Lodine, Voltaren, Relafen), vitamin E, or herbal supplements, they must be stopped 5 days prior to surgery. Surgery may be cancelled if you do not stop these medications. If you take medications such as Coumadin, other blood thinners, insulin or steroids, contact the prescribing provider for specific instructions on stopping or tapering the dosage before your surgery. Again, surgery may be cancelled if these medications are not stopped or the dosing modified.

**6. Smoking:** It is essential that you stop smoking a minimum of one month before surgery and continue at least three months post-operatively. There is up to a 20-fold increase in risk and/or complications with wound and bone healing for patients who smoke. If you continue to smoke, you will place your surgery and its outcome at risk. If you need referrals to a support group to help you

quit smoking, we will be happy to assist you. Please contact your primary care provider for other assistance.

**7. Worker's Compensation:** If your surgery is a result of a work-related accident or injury, we must have all contact information as soon as possible. If you are working with an attorney or have a case manager, please be prepared to provide that information. We will not be able to schedule surgery or subsequent follow-up appointments without clearance from the worker's compensation carrier. In some instances, surgery will be delayed pending approval from the carrier. Please be advised that we are required to complete considerable paperwork and documentation for worker's compensation cases. Worker's compensation information is not protected under the HIPAA (Health Insurance Portability and Accountability Act) and your signed consent is not required each time documentation is requested. We strive to maintain the confidentiality of your information and will release only that information which is specifically requested by the carrier or adjuster.

**8. Home Health Nursing and P/T:** In some cases, if your insurance allows for Home Health, and we work with companies that accept your insurance- we will arrange for a Home Health nurse to come and change your bandages, and a Physical or Occupational therapist that will come and help you with your home exercises, and to make sure you are safe. Post Op exercise will be required as part of rehabilitation from your surgery.

**9. Canes/Walkers:** A walker and a cane will be necessary for your post op safety. We do not write a prescription for these items, since you will only be using them for a short time. It is best to ask a relative or friend if you could borrow one. You can also find these at Goodwill, and some local churches have a program where they can be borrowed for a few weeks.

**10. Pre-Medicate for Life:** It is this Practices policy that you will be "pre-med for life" for any future dental appointments. (Dental appointments only). You should not have any non-emergent dental procedures performed 2 weeks prior to surgery, and for 90 days after surgery. When you are ready for a dental visit, please call our office, and we will send an antibiotic that you will take one hour prior to dental appointments, including cleanings.